

## ABSTRACT OF THE DISCLOSURE

A composition for sweetening foodstuffs comprises at least one sweetening agent (e.g., polyol, monosaccharide, disaccharide, trisaccharide, and combinations thereof), and inulin, which comprises at least about 25 percent by weight of the combination of sweetening agent and inulin. A foodstuff comprises a sweetening composition comprising at least one sweetening agent (e.g., polyol, monosaccharide, disaccharide, trisaccharide, and combinations thereof), and inulin, which comprises at least about 25 percent by weight of the combination of sweetening agent and inulin.